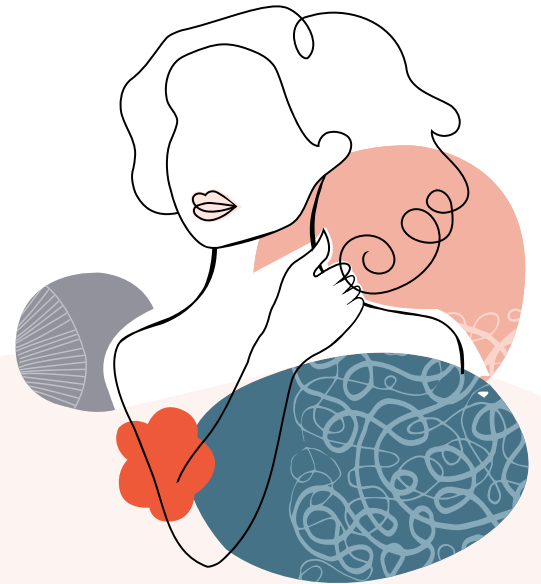


TREATMENT DISCUSSION GUIDE

Create more effective conversations—and enhanced relationships—with your healthcare provider.



TALK ABOUT TREATMENT

Partnering with your healthcare provider to find and manage the right treatment plan starts with clear communication. It's important to share all the details and information your healthcare provider needs to better understand your condition.

The conversation with your healthcare provider should cover 3 topics.

1 KNOW YOUR CONDITION¹

Ensure that you completely understand hypothyroidism and how it may affect you.

Questions to ask include:

- What is the cause of my underactive thyroid (hypothyroidism)?
- Do I have Hashimoto's disease?
- What do the results of my blood test mean?
- How long will I need medicine for my hypothyroidism and what are the side effects?
- What blood levels will you use as a target for me?
- After I'm in the optimal range, how often do you suggest I come back for blood tests to make sure my dosage needs haven't changed?
- Am I at risk for related health problems?
- How quickly can I expect relief from my hypothyroidism symptoms?

Notes:

2 SHARE YOUR SYMPTOMS²

- Use the list to identify the symptoms you've experienced.
- Discuss the severity of your symptoms and how your symptoms impact your daily life.

Signs and symptoms of hypothyroidism:

- | | |
|---|--|
| <input type="checkbox"/> Feeling colder | <input type="checkbox"/> Thinning hair |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Heavier or irregular menstrual cycles |
| <input type="checkbox"/> Dry skin | <input type="checkbox"/> Swelling legs, ankles, and feet |
| <input type="checkbox"/> Becoming forgetful and depressed | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Weakening muscles | <input type="checkbox"/> Constipation |

Notes:

3 DISCUSS TREATMENT ADJUSTMENTS AND OPTIONS

- Talk about any changes or progress you've experienced since the last appointment with your healthcare provider.
- Ask if your current treatment might need adjustments; if so, make sure you completely understand any potential changes and associated side effects.
- Ask about your treatment options; discuss if there are possible advantages of synthetic T4 replacement therapy vs NDT replacement therapy.

It may be helpful to print out a copy of this discussion guide and bring it to the next visit with your healthcare provider. Prepare and plan to have an effective conversation about your hypothyroidism treatment plan.



EMPOWER YOURSELF AND TAKE CONTROL OF YOUR WELLNESS JOURNEY.

For more information and resources to help you partner with your healthcare provider, please visit [SimplyHypothyroidism.com](https://www.simplyhypothyroidism.com)

References: **1.** EndocrineWeb. Hypothyroidism: Overview, Causes, and Symptoms. Accessed October 10, 2020. <https://www.endocrineweb.com/conditions/thyroid/hypothyroidism-too-little-thyroid-hormone> **2.** Mayo Foundation for Medical Education and Research (MFMER). Hypothyroidism (underactive thyroid). Symptoms and causes. Mayo Clinic. Accessed August 14, 2020. <https://www.mayoclinic.org/diseases-conditions/hypothyroidism/symptoms-causes/syc-20350284>